

I'M NOT OKAY (I PROMISE)

As recorded by My Chemical Romance

(From the 2004 Album THREE CHEERS FOR SWEET REVENGE)

Transcribed by James Martyn

Wor
Mus

A Intro

$\text{♩} = 180$
D

Gtr I

T	7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7							
A	7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7							
B	5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5							

Gtr II

P.M.-----

T																																
A	7								7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7								7 7 7 7 7 7 7 7							
B	5								5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5							

T	19 19 19 19 19 19 19 19								14 14 14 14 14 14 14 14								12 12 12 12 12 12 12 12								11 11 11 11 11 11 11 11							
A	17 17 17 17 17 17 17 17								12 12 12 12 12 12 12 12								10 10 10 10 10 10 10 10								9 9 9 9 9 9 9 9							
B	17 17 17 17 17 17 17 17								12 12 12 12 12 12 12 12								10 10 10 10 10 10 10 10								9 9 9 9 9 9 9 9							

T	7 7 7 7 7 7 7 7								6 6 6 6 6 6 6 6								5 5 5 5 5 5 5 5								7 7 7 7 7 7 7 7							
A	7 7 7 7 7 7 7 7								6 6 6 6 6 6 6 6								5 5 5 5 5 5 5 5								7 7 7 7 7 7 7 7							
B	5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5								5 5 5 5 5 5 5 5							

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D A G F#

T							
A	19 19 19 19 19 19 19 19	14 14 14 14 14 14 14 14	12 12 12 12 12 12 12 12	11 11 11 11 11 11 11 11			
B	17 17 17 17 17 17 17 17	12 12 12 12 12 12 12 12	10 10 10 10 10 10 10 10	9 9 9 9 9 9 9 9			

T	3 3 3 3 3 3 3 3	2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0	3 3 3 3 3 3 3 3
A	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	X X X X X X X X	4 4 4 4 4 4 4 4
B	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4
B	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2

13

G A E

T							
A	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	9 9 9 9 9 9 9 9	9 9 9 9 9 9 9 9			
B	10 10 10 10 10 10 10 10	12 12 12 12 12 12 12 12	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7			

T	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4
A	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2
B	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0

17

G A B C#

T							
A	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	16 16 16 16 16 16 16 16	18 18 18 18 18 18 18 18			
B	10 10 10 10 10 10 10 10	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	16 16 16 16 16 16 16 16			

T		0 0 0 0 0 0 0 0	6 6 6 6 6 6 6 6	6 6 6 6 6 6 6 6
A	7 7 7 7 7 7 7 7	X X X X X X X X	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
B	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

B Verse 1

(D)

21

P.M.-| P.M.-| P.M. P.M.-| P.M. P.M.-| P.M.-| P.M.-| P.M. P.M.-| P.M.

T											
A	7	7	7	7	7	7	6	6	6	7	6 7 6 7
B	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 7	5 5	5 7 7 7 7

f
P.M.-----|

T											
A	7	7	7	7	7	7	7	7	7	7	7
B	5	5	5	5	5	5	5	5	5	5	5

(D)

25

P.M.-| P.M.-| P.M. P.M.-| P.M. P.M.-| P.M.-| P.M.-| P.M. P.M.-| P.M.

T											
A	7	7	7	7	7	7	6	6	6	7	6 7 6 7
B	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 7	5 5	5 7 7 7 7

P.M.-----|

T											
A	4	4	4	4	4	4	4	4	4	4	4
B	2	2	2	2	2	2	2	2	2	2	2

(D)

29

P.M.-| P.M.-| P.M. P.M.-| P.M. P.M.-| P.M.-| P.M.-| P.M. P.M.-| P.M.

T											
A	7	7	7	7	7	7	7	6	6	6	7 6 7 6 7
B	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5 5 5 5 5 5 5 5 5

P.M.-----|

T											
A	2	2	2	2	2	2	2	2	2	2	2
B	0	0	0	0	0	0	0	0	0	0	0

(D)

33

P.M.-| P.M.-| P.M. P.M.-| P.M. P.M.-| P.M.-| P.M.-| P.M. P.M.-| P.M.

T											
A	7	7	7	7	7	7	7	6	6	6	7 6 7 6 7
B	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5	5 5 5 5 5 5 5 5 5 5

P.M.-----|

T											
A	7	7	7	7	7	7	7	(6)	(6)	(6)	6 6 6 6 6
B	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

C is for Chorus!



37

ff

T				
A	19 19 19 19 19 19 19 19	14 14 14 14 14 14 14 14	12 12 12 12 12 12 12 12	11 11 11 11 11 11 11 11
B	17 17 17 17 17 17 17 17	12 12 12 12 12 12 12 12	10 10 10 10 10 10 10 10	9 9 9 9 9 9 9 9

fff

T				
A	7 7 7 7 7 7 7 7	6 6 6 6 6 6 6 6	5 5 5 5 5 5 5 5	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

D

A

G

F#

41

T				
A	19 19 19 19 19 19 19 19	14 14 14 14 14 14 14 14	12 12 12 12 12 12 12 12	11 11 11 11 11 11 11 11
B	17 17 17 17 17 17 17 17	12 12 12 12 12 12 12 12	10 10 10 10 10 10 10 10	9 9 9 9 9 9 9 9

T	3 3 3 3 3 3 3 3	2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0	3 3 3 3 3 3 3 3
A	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	x x x x x x x x	4 4 4 4 4 4 4 4
B	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4

To Coda

45

G A E

T																																	
A	12	12	12	12	12	12	12	12	12	14	14	14	14	14	14	14	14	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
B	10	10	10	10	10	10	10	10	10	12	12	12	12	12	12	12	12	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7

T																																		
A	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

49

G A B C#

T																																			
A	12	12	12	12	12	12	12	12	12	14	14	14	14	14	14	14	14	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
B	10	10	10	10	10	10	10	10	10	12	12	12	12	12	12	12	12	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14

T																																		
A	7	7	7	7	7	7	7	7	7	x	x	x	x	x	x	x	x	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
B	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
B	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

D Verse 2 (D)

53

fff
P.M.-| P.M.-| P.M.-| P.M.-| P.M.-| P.M.-|

T															
A		7		7			9	7	6	7	6	7		7	7
B	5	5	7	5	5	7	5	5	7	5	5	7	5	5	7

f
P.M.-----|

T															
A	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
B	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

57

P.M.-| P.M.-| P.M.-| P.M.-| P.M.-| P.M.-|

T															
A		7		7			9	7	6	7	6	7		7	7
B	5	5	7	5	5	7	5	5	7	5	5	7	5	5	7

P.M.-----|

T															
A	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
B	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2

(D)

61

P.M.-| P.M.-| P.M.-| P.M.-| P.M.-| P.M.-| P.M.-|

T
A
B

P.M.-----|

T
A
B

D.S. al Coda

(D)

65

P.M.-| P.M.-| P.M.-| P.M.-| P.M.-| P.M.-| P.M.-|

T
A
B

P.M.-----|

T
A
B

69

G A B C#

ff

T			
A	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	16 16 16 16 16 16 16 16
B	10 10 10 10 10 10 10 10	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14

fff

T			
A	7 7 7 7 7 7 7 7	X X X X X X X X	6 6 6 6 6 6 6 6
B	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7

E Bridge
N.C.

73

Gtr I *fff*
Full

T	15	15	15 15 14 12	(12) 12 14	13	13	16 14 15
A							
B							

Gtr III *fff*
Full

T	12	12	12 12 10 9	(9) 9 10	9	9	12 10 12
A							
B							

Gtr II *fff*

T							
A	4 4 4 4	4 4 4 4	4 4 4 4	4 4 4 4	4 4 4 4	2 2 2 2	2 2 2 2
B	2 2 2 2	0 0 0 0	0 0 0 0	4 4 4 4	4 4 4 4	0 0 4 4	0 0 4 4

N.C.

77

Full Full Full

T 15 15 15 15 14 15 (15) 15 14 14 12 14 12 14 12

A

B

T 12 12 12 12 10 12 (12) 12 10 10 9 10 12 10 9 10 12

A

B

T

A 2 2 2 2 2 2 2 2 4 4 4 4 2 2 4 4

B 0 0 0 0 x x x x 4 4 4 4 2 2 0 0 2 2

N.C.

81

1/2 1/2

T 17 (17) 16(16) (16)

A 13(13) (13) (13) 13(13) (13)

B 12 14 16 13 14 16 14 15 17 15 14 16

H H H H H H P

Full Full Full

T 12 12 10 12 10 9 10 9 12 9 12 12 12 (12)

A

B 9 11 12 9 11 13 10 12 9 10 9 12

H H H H H H P

T

A 4 4 4 4 4 4 4 4 4 4 4 4 2 2 2 2

B 2 2 2 2 0 0 0 0 4 4 4 4 0 0 4 4

F Build-Up

N.C.

85

T			
A	14	(14)	
B			

T	9	(9)	
A			
B			

P.M.-----|

T				
A	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

89

A5

Gtrs I, II

P.M.-----|

Gradually ease out of palm muting here

T				
A	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

G Release

N.C.

B5

93

Gtr IV

let ring-----|

Gtrs I, II

T	10 17	15 14	15 14	14	12	
A	12 14	15 14	14 12	12 14	15 14	4 (4)
B				11 14	14 12	4 (4)
						2 (2)

99 **B5** **E5**

P.M.

T			
A	(4)	2	
B	(2)	0	

103 **A5/E**

T			
A		2	(2)
B		(6)	(6)

107 **A5** **H** "Trust me."

P.M.-----|

T		
A	7 7 7 7 7 7 7 7	7
B	5 5 5 5 5 5 5 5	5

I Out-Chorus

D **A** **G** **F#**

109 **Gtr I**

T				
A	19 19 19 19 19 19 19 19	14 14 14 14 14 14 14 14	12 12 12 12 12 12 12 12	11 11 11 11 11 11 11 11
B	17 17 17 17 17 17 17 17	12 12 12 12 12 12 12 12	10 10 10 10 10 10 10 10	9 9 9 9 9 9 9 9

Gtr II

T				
A	7 7 7 7 7 7 7 7	6 6 6 6 6 6 6 6	5 5 5 5 5 5 5 5	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

113

D A G F#

T	19 19 19 19 19 19 19 19	14 14 14 14 14 14 14 14	12 12 12 12 12 12 12 12	11 11 11 11 11 11 11 11
A	17 17 17 17 17 17 17 17	12 12 12 12 12 12 12 12	10 10 10 10 10 10 10 10	9 9 9 9 9 9 9 9
B	3 3 3 3 3 3 3 3	2 2 2 2 2 2 2 2	0 0 0 0 0 0 0 0	3 3 3 3 3 3 3 3
A	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	X X X X X X X X	4 4 4 4 4 4 4 4
B	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4
B	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2

117

G A E

T	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	9 9 9 9 9 9 9 9	9 9 9 9 9 9 9 9
A	10 10 10 10 10 10 10 10	12 12 12 12 12 12 12 12	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
T	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4	4 4 4 4 4 4 4 4
A	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2
B	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0

121

G A B C#

T	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	16 16 16 16 16 16 16 16	18 18 18 18 18 18 18 18
A	10 10 10 10 10 10 10 10	12 12 12 12 12 12 12 12	14 14 14 14 14 14 14 14	16 16 16 16 16 16 16 16
T	7 7 7 7 7 7 7 7	X X X X X X X X	6 6 6 6 6 6 6 6	6 6 6 6 6 6 6 6
A	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7	7 7 7 7 7 7 7 7
B	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5

D

1

T				
A	19	(19)	(19)	(19)
B	17	(17)	(17)	(17)

sl.

T				
A	7	(7)	(7)	(7)
B	5	(5)	(5)	(5)

sl.